

## Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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# March Program Highlights

### Nutrition with Nina:

#### Eight Steps to a Healthier Diet

Concerned about weight or heart disease, or just wanting to maximize your health? This presentation will help you identify relatively simple and gradual changes that add up to major improvements! Identify a step-by-step plan to help you meet your personal goals. Nina, nutritionist with Giant, will be giving a talk the first Wednesday of each month.

**Date:** Wednesday, March 7

**Time:** 11:30 a.m. **Cost:** Free

### MAP: Chat with Joy

#### Property Tax Credit

Did you know there was a senior property tax credit available? There is also a renters' tax credit. Come learn how you might be able to save money on your taxes.

**Date:** Wednesday, March 14

**Time:** 11:30 a.m. **Cost:** Free

### Lunch and Learn:

#### Bystander Intervention

Heartly House staff will discuss ways to intervene when you see discrimination or abuse happening. This is a joint program with the library. (Optional lunch available at noon - reservations required.)

**Date:** Wednesday, March 28

**Time:** 1:00 p.m. **Cost:** Free

### Instant Pot 101

Learn how the Instant Pot saves you time and money while creating delicious and healthy meals. Tasting samples included. This is a joint program with the library.

**Date:** Tuesday, March 13

**Time:** 1:30 p.m. **Cost:** Free

### Lunch with Nurse Steve:

#### Top 15 Health Issues for Older Adults

Nurse Steve's talk will be "a discussion of the most prevalent health care issues affecting older adults."

**Menu:** Chicken Cacciatore, Rice Pilaf, Vegetables, Diced Peaches, Dessert

**Date:** Thursday, March 8

Sign-up by Wednesday, February 28

**Time:** Noon **Cost:** \$5.00 (Regular meal cost)

### The Inside Scoop: Women and Money

Topics covered will include the shift in wealth to women, common myths, and how to make your money work for you. Ryan Cooley, with Jacob William Advisory, will lead this joint program with the library.

**Date:** Tuesday, March 27

**Time:** 6:00 p.m. **Cost:** Free

### St. Patrick's Day Luncheon

Join us for some "green" fun.

**Menu:** Corn beef, colcannon, carrots, corn muffin, cake (Did you notice that we are only eating foods that start with a "c"?)

**Date:** Thursday, March 15

Sign-up by Wednesday, March 7

**Time:** Noon **Cost:** \$5.00 (Regular meal cost)



Thursday, March 22

11:00 a.m.-2:00 p.m.

Register by March 15

Lyn Widmyer will share stories from her book, "Chasing Pills: I Must Be Getting Old, I Have a Pill Dispenser."

(see other side for calendar of activities)